

**Report for the Implementation of Physical Education and
Physical Activity Minutes for Students in Grades
Kindergarten through Five as Required by the Students
Health and Fitness Act of 2005**

**Prepared by the
South Carolina Alliance for Health, Physical Education, Recreation, and Dance**

**For the
South Carolina Department of Education**



**South Carolina
Department of Education**

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**Jim Rex, PhD
State Superintendent of Education**

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Report for the Implementation of Physical Education and Physical Activity Minutes for Students in Grades Kindergarten through Five as Required by the Students Health and Fitness Act of 2005



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EXECUTIVE SUMMARY

Report for the Implementation of Physical Education and Physical Activity Minutes for Students in Grades Kindergarten through Five as Required by the Students Health and Fitness Act of 2005

Report Purpose

- Districts report to SDE by June 15th each year daily physical education/activity for students by school, grade, and class
- SCDE will provide a state summary report to the General Assembly

Participants in the Survey

- Number of elementary schools required to submit a survey data: 663 (100%)
- Number of schools submitting data: 588 (88.4%)
- Principals were required to sign their schools' data report

Summary of Compliance

- 1) Percent of schools reporting **compliance with required PA/PE time: 84%**
- 2) Percent of schools reporting **compliance with required PE time: 66%**
- 3) Percent of schools reporting **compliance with PA time: 95%**
- 4) Percent of schools reporting **sending fitness reports to parents: 63%**
- 5) Percent of schools reporting **full implementation of the act: 54%**

Top four methods in which schools provided PA during the school day

- 1) Walking: 61%
- 2) Recess: 61%
- 3) Jump Rope: 25%
- 4) Morning exercises: 22%

Top four additional PA opportunities schools provide before, after, or during the school day to encourage participation in healthy, active lifestyles

- 1) Sports or club teams: 47%
- 2) Field Day: 30%
- 3) Jump Rope for Heart (American Heart Association): 16%
- 4) Healthy Eating club, CHANGE, healthy snacks or lunches: 14%

Top four opportunities that occurred as a result of schools' implementation of SHF act 2005

- 1) Increased PA time, students active everyday, increased PE time: 15%
- 2) Increased health awareness, nutrition awareness, fitness awareness: 13%
- 3) Healthier students, more fit students: 6%
- 4) Healthier faculty, participation of faculty: 6%

Top four challenges that occurred as a result of schools' implementation of the SHF Act of 2005

- 1) Scheduling issues, not enough time: 54%
- 2) Space, facilities: 26%
- 3) Personnel: 22%
- 4) Funds: 13%

Report for the Implementation of Physical Education and Physical Activity Minutes for Students in Grades Kindergarten through Five as Required by the Students Health and Fitness Act of 2005

Section 59-10-10 (C) reads:

During each year of implementation of the reduced student to physical education teacher ratio, each district shall report to the State Department of Education by June fifteenth, the number of minutes of physical education instruction and the minutes of additional physical activity students receive daily with a total for the week. The report must be listed by elementary school and by individual class and grade level. The State Department of Education shall provide a summary of this information to the General Assembly by December first of each year of implementation.

Participants in the Survey

- The SDE sent out a survey in spring 2007 requesting data to be returned by June 1, 2007
- Schools not submitting surveys in the spring were requested again to do so Fall 2007
- Number of elementary schools required to submit a survey data: 663 (100%)
- Number of schools submitting data: 588 (88.4%)
- Schools not submitting data: See Appendix A

Summary of Compliance

Percent of schools reporting compliance with required PA/PE time: 84%

Percent of schools reporting compliance with required PE time: 66%

Percent of schools reporting compliance with PA time: 95%

Percent of schools reporting sending fitness reports to parents: 63%

Percent of schools reporting full implementation of the act: 54%

Question 1: What was the school's 135 day enrollment?

Less than 25% of the elementary schools in the state would be considered "small" schools for this level. Most schools house between 400 and 800 students.

Table 1

School's 135 day enrollment

Response Frequency

n=588

Responses	Frequency	Percent
Above 800	51	.09
700-799	47	.08
600-699	90	.15
500-599	88	.15
400-499	89	.15
Below 400	150	.26
Enrollment not reported	73	.12

Question 2: Did your school provide 150 minutes of PA/PE per week

Eighty four percent of the schools reporting data indicated that they did supply 150 minutes of PA/PE per week.

Table 2

Schools that provided a minimum of 150 minutes of physical education and physical activity weekly

Response Frequency n=588

Responses	Frequency	Percent
Yes	493	.84
No	95	.16
Not Reported		

Question 3: Physical Education

Did your school provide a minimum of 60 minutes of weekly PE time by a certified teacher (1/4 may be a certified dance teacher)?

Sixty-six percent of the schools reported they were supplying the required PE time while 34 percent were not.

Table 3

Schools that provided a minimum of 60 minutes of physical education weekly

Response Frequency n=588

Responses	Frequency	Percent
Yes	389	.66
No	199	.34
Not Reported		

A. If your school provided more or less than 60 minutes PE time for all students, indicate the number of minutes weekly.

Sixty-five percent of the schools are at or above the 60 minutes a week requirement for physical education. Only 5% are below 40 minutes.

Table 4

Number of minutes of physical education provided weekly
Response Frequency n=588

Responses	Frequency	Percent
Above 100	20	.03
61-99	131	.22
60	236	.40
40-59	172	.29
Below 40	20	.03
Not reported	9	.02

Table 5

Percent of schools PE compliant
Response Frequency n=588

Responses	Frequency	Percent
Compliant	387	.66
Not Compliant	201	.34

B. If your school provided less PE minutes to only some students, then list the number of students by grade and class.

Most schools that indicated they were not providing the 60 required minutes to all students identified kindergarten students as the group of students not receiving the required amount of physical education time. A smaller number identified first grade students.

Note: Variations in the form in which this question was answered limited a formal analysis of this data.

C. Calculate the percent of students who did not receive the 60 minutes of PE required by the Act.

In all but a few cases 100% of the grade level identified as not receiving the required time was identified as being effected.

Table 6

If school provided less PE minutes to only some students, the percent of students not receiving 60 minutes of physical education weekly
Response Frequency n=235

Responses	Frequency	Percent
100%	121	.51
40-99 %	9	.04
30-39%	4	.02
20-29%	10	.04
10-19%	22	.09
<10%	69	.29

Question 4: Physical Activity

Did your school provide a minimum of 90 minutes of opportunities for PA weekly for all students?

Ninety-five percent of the schools indicated they were providing the required ninety minutes of weekly PA.

Table 7

Schools that provided a minimum of 90 minutes of physical activity weekly
Response Frequency n=588

Responses	Frequency	Percent
Yes	559	.95
No	28	.05
Not Reported	1	.00

A. If your school provided more or less than the 90 minutes weekly for all students, please indicate the number of minutes provided weekly.

Forty-seven percent of the schools provided more than the required 90 minutes and 9% provided less than the required minutes.

Table 8

Number of minutes of physical activity provided weekly
Response Frequency

n=588

Responses	Frequency	Percent
Above 110	151	.26
91-109	121	.21
90	262	.45
60-89	24	.04
40-59	12	.02
Below 39	11	.02
Not reported	7	.01

B. If your school provided less than the required 90 minutes weekly of PA to all students, list the number of students by grade and class.

Most schools that indicated they were not providing the 90 required minutes to all students identified kindergarten students as the group of students not receiving the required amount of physical education time. A smaller number identified first grade students.

Note: Variations in the form in which this question was answered limited a formal analysis of this data.

C. Calculate the percentage of students who did not receive the 90 minutes of PA required by the Act.

Only 6% (37) of the schools reported that all students did not receive the full 90 minutes of physical activity per week. The number of students not meeting the requirement at each school varied from less than 10% to 100%.

Table 9

If school provided less PA minutes to only some students, the percent of students not receiving 90 minutes of physical activity weekly

Response Frequency *n=37*

Responses	<u>Frequency</u>	<u>Percent</u>
100%	15	.40
40-99 %	5	.14
11-39%	10	.27
<10%	7	.19

D. List up to 3 programs of ways in which your school provided PA to students during the school day.

Although there is great variety in the responses of schools, most schools are using walking tracks/clubs/events and recess to provide PA during the school day. About twenty-two percent are using morning exercises and classroom activity ideas.

Table 10

Programs or ways in which schools provided physical activity during the school day
Response Frequency n=588

Responses	Frequency	Percent
Walking, walking track, structured walking events, nature walk, walking clubs	360	.61
Recess, structured recess	356	.61
Jump rope	146	.25
Morning exercises, morning stretch, morning calisthenics, CORE exercise	130	.22
Other	129	.22
Video exercise, aerobic videos, jazzercise, Deskercise, FitKids	98	.17
Physical Education class	89	.15
Games, kickball, dance	72	.12
Jogging club, mile run, running club, lap a day, healthy club	27	.05
Special events, Field day	25	.04
Brain Gym, actors, Geo Mat, Get Out and Get Active, Zest Quest	17	.03
After school program, intramurals	13	.02
Before school program	3	.01

E. List additional PA opportunities your school provided to students before, after, or during school to encourage participation in healthy, active lifestyles.

Almost 50% of the schools are using before and after school clubs, sports and teams to provide students with additional opportunities for PA.

Table 11

Additional physical activity opportunities schools provide before, after, or during the school day to encourage participation in healthy, active lifestyles.

Response Frequency n=588

Responses	<u>Frequency</u>	<u>Percent</u>
After school or before school sports, clubs, teams	274	.47
Field Day	178	.30
Other	145	.25
Jump Rope for Heart (American Heart Association)	94	.16
Healthy Eating Club, CHANGE, healthy snacks or lunches	81	.14
Dance team, dance class, dances	55	.09
Walking during school day, walking track	54	.09
Special event walks (AHA, Diabetes, etc.)	43	.07
Programs for parents, home activities	30	.05
Get Out and Get Active clubs, activity clubs	30	.05
PE club	27	.05
District Fitness Center	24	.04
Recess	23	.04
Classroom exercise, Deskercise,	22	.04
Community events	14	.02
Music class	8	.01
Videos	6	.01
Speed stacker	2	.00

5. Did your school provide health related fitness reports to all fifth grade students and their parents?

Sixty-three percent of the schools reported that they did send reports home to parents. Five percent of the schools did not have fifth grade classes and therefore were not required to. Twenty-five percent chose not.

Table 12

Schools providing health-related fitness reports to fifth grade students and their parents

Response Frequency n=588

Responses	Frequency	Percent
Yes	371	.63
No	148	.25
N/A (did not have 5 th grade)	32	.05
Not reported	37	.06

6. In reviewing your data, which of the following is correct?

Fifty-four percent of the schools were in full compliance with the bill and forty-two percent only partially implemented the bill.

Table 13

Schools implementation of the requirements of the Student Health and Fitness Act for the 2006-07 school year

Response Frequency n=588

Responses	Frequency	Percent
Fully implemented	320	.54
Partially implemented	252	.42
Not implemented	7	.01
Not reported	9	.02

7. Provide a brief list of opportunities and challenges that occurred as a result of your school's implementation of the Student Health and Fitness Act of 2005.

A small number of schools recognized the increased opportunities for student activity and the benefits of an increased awareness of health. The major challenge was time (not enough time), space (not enough teaching stations) and personnel (not having enough teachers).

Table 14

Opportunities that occurred as a result of schools' implementation of the Student Health and Fitness Act of 2005

Response Frequency n=588

Responses	Frequency	Percent
Increased physical activity time, students active every day, increased physical education time	91	.15
Increased health awareness, nutrition awareness, focus, fitness awareness, vending machines	76	.13
Healthier students, more fit students	38	.06
Healthier faculty, participation of faculty	37	.06
More physical education time, more physical education teachers	29	.05
Public relation benefits, support from parents, FITNESSGRAM reports to parents	26	.04
Structured recess	16	.03
Advocacy (equipment, support, space, more school attention)	12	.02
Opportunity to assess students	8	.01
Students more active/alert in class	5	.01
Other	5	.01
Academic benefits	4	.01
Programs devoted to increased activity	2	.00

Table 15

Challenges that occurred as a result of schools' implementation of the Student Health and Fitness Act of 2005

Response Frequency n=588

Responses	<u>Frequency</u>	<u>Percent</u>
Scheduling issues, not enough time	316	.54
Space, facilities	154	.26
Personnel	127	.22
Other	94	.16
Funds	74	.13
Structured recess	49	.08
Equipment	47	.08
Time away from academics	41	.07
Assessment (takes too long, too many videos, what to do with students not being videoed)	33	.06
Fitness test software problems	31	.05
Student teacher ratio	29	.05
Coordination with classroom teacher, cooperation of classroom teacher	23	.04
Loss of planning period, not enough planning time	19	.03
Recordkeeping	17	.03
Added classroom teacher responsibilities	16	.03
Removing loss of recess as discipline measure, finding alternative discipline	12	.02
Itinerant teachers	10	.02
Added physical education teacher responsibilities – Physical Activity Director is an add on	9	.02

Appendix A: Schools Not Submitting Reports

N=76

Aiken	Lloyd Kennedy Charter School
Allendale	Allendale Elem. School
Allendale	Fairfax Elementary School
Barnwell 19	Macedonia Elem. School
Berkeley	J.K. Gourdin Elem. School
Charleston	C.C. Blaney Elem. School
Charleston	Charleston Progressive School
Charleston	Charlestowne Academy
Charleston	Edith L. Frierson Elem. School
Charleston	Mary Ford Elem. School
Charleston	Mt. Zion Elem. School
Charleston	Orange Grove Elem. School
Charleston	Springfield Elem. -Charleston
Cherokee	Alma Elem. School
Cherokee	Blacksburg Elem. School
Cherokee	Blacksburg Primary School
Cherokee	Luther L. Vaughan Elem.
Cherokee	Mary Bramlett Elem. School
Cherokee	Northwest Elem. School
Chester	Great Falls Middle School
Colleton	Edisto Beach Elem. School
Colleton	Hendersonville Elem. School
Dillon 1	Lake View Middle School
Dorchester 4	Harleyville-Ridgeville Elem. School
Dorchester 4	Williams Memorial Elem.
Fairfield	Fairfield Intermediate School
Fairfield	Fairfield Primary School
Fairfield	Geiger Elem. School
Fairfield	Kelly Miller Elem. School
Fairfield	McCrorey-Liston Elem. School
Florence 2	Hannah-Pamplico Elem/Middle
Georgetown	Plantersville Elem. School
Hampton 1	Ben Hazel Primary School
Hampton 1	Brunson Elem. School
Hampton 1	Fennell Elem. School
Hampton 1	Hampton Elem. School
Hampton 1	Varnville Elem. School
Horry	Aynor Elem. School
Horry	Burgess Elementary School
Horry	Forestbrook Elem. School
Horry	Kingston Elem. School
Horry	N. Myrtle Beach Primary School
Horry	Ocean Bay Elem. School
Horry	Palmetto Bays Elem. School
Jasper	Ridgeland Elem. School
Jasper	Ridgeland Middle School
Jasper	West Hardeeville School
Lee	Dennis Intermediate School
Lexington 1	Lexington Intermediate
Lexington 1	Pelion Middle School
Lexington 1	White Knoll Elem. School

Lexington 2	Springdale Elem. School
Lexington 3	Batesburg Leesville Primary School
Lexington 4	Sandhills Intermediate School
Lexington/Rich 5	Chapin Elem. School
Lexington/Rich 5	Seven Oaks Elem. School
Marion 2	Mullins Early Childhood Center
Marlboro	Bennettsville Primary School
Marlboro	Wallace Elem./Middle School
Newberry	Reuben Elem. School
Newberry	Whitmire Community School
Richland 1	Pendergrass Fairwold School
Richland 2	Polo Road Elem. School
Richland 2	Windsor Elem. School
York 3	India Hook Elem. School
Saluda	Hollywood Elem. School
Saluda	Saluda Elem. School
Saluda	Saluda Middle School
Williamsburg	Hemingway Primary School
York 1	Hunter Street Elem. School
York 2	Bethany Elem. School
York 3	Children's School Sylvia Circle
York 3	Ebenezer Ave. Elem. School
York 3	Ebinport Elem. School
York 3	Lesslie Elem. School
York 3	York Road Elem. School

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